

First Aid at Work

3 day



Introduction

The First Aid at Work course runs for 3 days in accordance with the current First Aid Manual and is approved by the HSE.

The course should be refreshed every 3 years with the 2 day requalification course.

Aims

To provide students with current knowledge to qualify as a First Aider in the workplace and to efficiently manage any event at work where a person requires medical attention.

Objectives

By the end of the course, the students will be able to:-

- Recognise both trauma and medical emergencies.
- Provide basic First Aid Treatment for both conscious and unconscious casualties.
- Take sufficient steps to provide professional medical treatment.
- State and use the contents of a First Aid Kit
- Safely and efficiently manage any incident where somebody requires medical attention at work.



Location and Course Dates

Not only do we run courses regularly from our Training Centre in Bristol, we also run courses across the UK as a result of demand from BSG Members.

Feel free to call us on 01454 414877 to discuss your requirements, or enquire about specific dates in your area.

In-house / group bookings

If you have 6 or more delegates, we can run a course at a venue of your choosing. Prices will depend on delegate numbers and the travel costs for the nearest available trainer, so please contact us for a bespoke quote.

First Aid at Work

Course Programme:

DAY 1

Time	Subject	Learning outcome
09:00 - 9:30	Admin & Introduction Aim & learning outcomes Legislation	Paperwork & timetable Accident book, 1974 act, 1981 regs
09:30 – 10:30	Emergency telephone calls Incident management Danger Response Airway Breathing & Circulation Unconscious casualty Primary survey	Landline, Mobile Assess, safety, EM-aid, aftermath Hazards, risks AVPU Airway management Signs & symptoms, A&P Causes DRABC
10:30 – 10:45	BREAK	
10:45 – 11:45	Top to toe survey Recovery position Monitoring and recording CPR	Trauma, medical conditions Why & how 10 Minutes 30:2
11:45 – 12:30	Disorders of respiratory system Obstructed airway Choking Hypoxia, Asphyxia, Drowning, Strangulation, Inhalation of fumes, Hyperventilation, Asthma	Minor & Major Conscious & unconscious A&P, Signs, symptoms, Treatment
12:30 – 13:30	LUNCH	
13:30 – 14:45	First Aid Kit Shock & Anaphylactic shock	Contents & use A&P, Signs, symptoms, Treatment
14:45 – 15:00	BREAK	
15:00-16:00	Angina, Coronary Thrombosis, Fainting	A&P, Signs, symptoms, Treatment

DAY 2

Time	Subject	Learning outcome
09:00 - 09:30 09:30 – 10:30	Review Day 1 Disorders of circulation Types of bleeding & wounds External & Internal bleeding Indirect pressure	Theoretical input A&P, Signs, symptoms, Treatment A&P, Signs, symptoms, Treatment A&P, toxins
10:30 – 10:45	BREAK	
10:45 – 12:30	Crush injury Dressings & bandages Embedded object	A&P, Signs, symptoms, Treatment Practical application A&P, Signs, symptoms, Treatment
12:30 – 13:30	LUNCH	
13:30 – 14:30	Amputation Nosebleed Bruising & grazing Varicose veins Safety, PPE, Diseases	Signs, symptoms, Treatment Signs, symptoms, Treatment A&P, Signs, symptoms, Treatment A&P, Signs, symptoms, Treatment HepB, HIV, Tetanus
14:30 – 14:45	BREAK	
14:45 – 16:00	Disorders of consciousness Concussion, Cerebral compression , Skull fracture Stroke & Epilepsy	A&P, Signs, symptoms, Treatment A&P, Signs, symptoms, Treatment A&P, Signs, symptoms, Treatment

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Course Programme:

DAY 3

Time	Subject	Learning outcome
09:00 - 09:30 09:30 - 10:30	Review Day 1&2 Bone, Joint & Muscle Injuries Bone, joint, muscle injuries Dislocations & Spinal injuries Slings	A&P, Signs, symptoms, Treatment A&P, Signs, symptoms, Treatment Practical application
10:30 - 10:45	BREAK	
10:45 - 12:00	Effects of heat and cold Burns Heat exhaustion Heat stroke Hypothermia Poisons Eye Injuries Diabetes Misc illnesses Casualty Transportation	A&P, Signs, symptoms, Treatment A&P, Signs, symptoms, Treatment A&P, Signs, symptoms, Treatment A&P, Signs, symptoms, Treatment Signs, symptoms, Treatment Signs, symptoms, Treatment A&P, Signs, symptoms, Treatment A&P, Signs, symptoms, Treatment Site specific conditions, Methods
12:00 - 12:45	LUNCH	
12:45 - 13:15	Written assessment	
13:15 - 16:00	Practical assessments End of course admin	Assessment Results Course appraisal



How much will it cost?

Open Courses:

Members: £210 + vat per delegate

Non-Members: £235 + vat per delegate

Price includes course materials, certification, and lunch.

In-house Courses:

Prices available upon request

TO BOOK

Contact the training department now
Tel: 01454 414877
Email: training@bsgltd.co.uk